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Calgary man accused in Camrose fraud

LAND A Calgary man is accused of running a land fraud scheme that victimized at least 10 people, including a member of the U.S Olympic bobsled team.

Police say a 42-year-old man who is believed to have worked with a male associate started a company in 2007 that marketed cottage lot properties near Camrose.

Potential investors were told the land would be developed and subdivided into lake-front property for resale, but investigators say the land was never purchased.

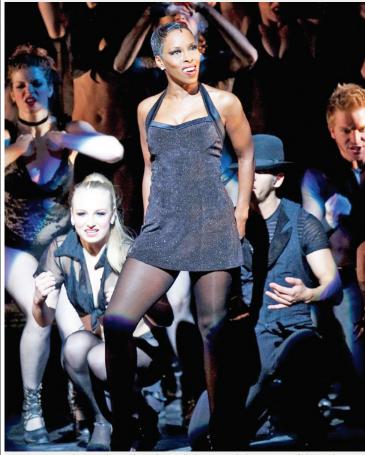




Deadliest Warrior returns

On the web Visit metronews.ca for news updates

Share Your Views



Jubilee All that Chicago jazz

Brenda Braxton, playing Velma Kelly, performs All That Jazz with the company of Chicago last night at the Jubilee Auditorium. The show goes this Sunday.

Mayor seeks re-election, predicts Esks win

POLITICS After endless speculation, Mayor Stephen Mandel finally answered the question that was on everyone's mind

"Yes, I do predict the Eskimos will turn home-field advantage into a Grey Cup," he said, to the chuckles of media at the Bissell Centre yesterday.

Oh yeah, and he's seeking re-election. "I am pleased to confirm I

will be a candidate this October," he said.

So while the campaigning will officially begin by the end of the summer, the mayor's announcement has gotten the ball rolling with plenty of lead time. Campaign issues that will be hot topics range from expansion of the city's LRT network to the construction of a new downtown arena and facilities for Edmonton's

2017 Expo bid.

"You have to believe you're the right person for this job," Mandel said. "It's been a remarkable experi-

"I think we've become a capital city again."

Mandel has led the city since October 2004. His wife, Lynn, and daughter Rachel attended the presser HARRY HODGE/

METRO EDMONTON

'Straight shooter' mourned

Comrades-in-arms remember local soldier

Comrades of the latest Canadian soldier to die while on the mission to Afghanistan remember Cpl. Darren Fitzpatrick as a straight shooter — in all senses of the term.

"He was very, very good - especially with a rifle. He was an amazing shot," said Cpl. Cole Prier, a fellow member of the Edmontonbased 3rd Battalion. Princess Patricia's Canadian Light Infantry, who went through all his training with the 21-year-old infantryman.

But Fitzgerald's friends valued him for much more than his military skills.

"He was a very honest individual," Prier recalled yes-

"If you asked him a question, you got a straight answer. He was a very genuine person. You knew how he felt about everything because he let you know.'

Fitzgerald suffered extensive lower-body trauma March 6 when an improvised explosive device went off in Afghanistan's Zhari district.

Lt.-Col. Peter Dawe, commanding officer of the 3 PP-CLI, said Fitzgerald had been helping provide security to a group of fellow Canadian soldiers working as mentors with the Afghan National Army. The Canadi-

Casualty

• Fitzgerald was the 141st casualty of Canada's mission in Afghanistan. A diplomat and journalist have also been killed.

ans were on a "presence patrol," in which soldiers walk through Afghanistan's narrow alleyways and dusty roads making as much contact with locals as they can in an effort to build ties with Afghan civilians.

Such patrols are relatively common. But on this one, the explosive device detonated

Fitzgerald's comrades patched him up enough in the field that he made it to the hospital at Kandahar Airfield, then to the U.S. military hospital in Landstuhl, Germany. He was transferred last Friday to the University of Alberta Hospital in Edmonton, where he died the next day surrounded by his family.

Dawe said the family is grateful to all those — from soldiers in the field to civilian staff in Edmonton who performed "medical miracles" in keeping Fitzgerald alive those extra weeks. He said "Fitz" was never one to give up easily. THE CANADIAN PRESS



Find out if you qualify for the first-time Home Buyers' Tax Credit

You might be eligible to claim a first-time Home Buyers' Tax Credit (HBTC) for the acquisition of a qualifying home purchased after January 27, 2009.

This tax tip brought to you by Alberta's Chartered Accountants. To see all 58 useful tax tips please visit:

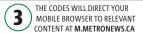
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Mayor, Laraque to dine for charity

Mayor Stephen Mandel, along with former Oiler Georges Laraque, pictured at left, and Edmonton Eskimos Shannon Garret and J.R. LaRose will be taking in the Miss World Canada dinner on April 27 at Haweli Restaurant (10220 103 St.). The event is being put together by Miss Edmonton and finalist for Miss World Canada 2010 Ziyah Karmali, with a significant amount of funds raised to benefit Variety Children's Charity. The evening is a precursor for the pageant itself, which will run May 3-7 in Vancouver.

Scan this code or text LOC to 82442 for local news. See the Local page to learn how to scan.

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WHAT'S ONLINE TODAY

Video YouTube footage appears to show a Victoria police officer kicking two men on the ground, at metronews.ca /canada

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News in brief

HAITI The government promises to keep a close eye on its signature aid project in Haiti, which was awarded for \$12 million without a public bidding process. The temporary shelter for the Haitian government was given to a subsidiary of Calgary-based ATCO Ltd., which has three Conservative donors on its board of directors.

Following news stories on Twitter...

EdmontonTweets

@agrabia Not surprised Mandel's running again, but hopefully another viable candidate enters the race. This city needs new leadership. #yeg #yegcc

Dance instructor charged

Girl, 16, allegedly sexually assaulted in her Sherwood Park home

ANDREAS MORSE amorse@metronews.ca

A 16-year-old girl has come forward to police alleging her dance instructor sexually assaulted her almost a year ago.

The incident allegedly happened on April 18, 2009 at the girl's home in Sherwood Park.

"This is what I would classify as a serious sexual assault," said Strathcona RCMP Const. Wally Henry of the allegations.

The accused is a 28-yearold hip-hop instructor "There's no evidence at this point to suggest there are multiple victims."

Const. Wally Henry

so, or "O.J." He has been charged with sexual assault and sexual exploitation.

The girl contacted Strathcona County RCMP on March 6 and that's when investigation began.

"There's no evidence at this point to suggest there are multiple victims or that there's anything more involved other than what we have to this point," Henry said.

"We are encouraging anyone who was associated with this person or has any knowledge of any other offences to definitely contact their local police agency."

Henry said the girl waited until she was ready before coming forward to police

lice.
"I think the time essence

in any crime can be affected by a delay in it being reported," he said. "But having said that there are still investigational avenues that we can follow."

The alleged assault happened in the victim's home where she lived with her parents. Nobody else was in the home at the time and there was no evidence to suggest the accused forced his way in.

Damaso was arrested without incident at his home in Edmonton and is scheduled to appear in Sherwood Park provincial court today.

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ANDREAS MORSE amorse@metronews.ca

GREEN A group of Landscape Architectural Technology students from NAIT are turning tossed trash into trendy treasure.

Each year, the secondyear students participate in a design competition for the Home and Garden Show.

The winning team gets to manage the construction of a garden for the weekend exhibition.

This year's theme is "upcycling," so the NAIT exhibit will showcase items that have been converted from garbage into something a little more pleasing to the eye.



NAIT students 'upcycle' their way into Home and Garden Show

NAIT students Eric Gorda, left, Leslie Kelly, Kerri Buksa and Joanna Linder are the winning team at the Home and Garden Show.

"We've created some really fun upcycling items that people could create with leftover pieces they've got from their own work projects at home," said student Kerri Buksa. "We're using leftover duct

Wanna go?

• The Home and Garden Show runs tomorrow until March 28 at the Edmonton Expo Centre.

piping, four-by-four posts and conduit to make planters and most people have that stuff lying around the house."

A team of about 60 volunteers from NAIT helped the four winning students construct the urban-chic exhibit, which will be on display all weekend.

"We could not have done this without the students, our instructors, the sponsors, and parents," Buksa said. "Really, it's been a community effort."



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About 100 people on a Montreal-to-Toronto Air Canada flight had a scare yesterday once the A-320 aircraft landed at Pearson International Airport. The pilot noticed an indicator light that signalled a hydraulic malfunction and alerted the airport the plane would have to be towed to the gate because of a steering problem. THE CANADIAN PRESS

Canada



Tweet your Earth Hour ideas

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers. @kevinodotnet: "I'll spend Earth Hour on Parliament Hill with a (carbon footprint friendly) beeswax candle keeping me toasty warm!" Send your Earth Hour tweets to @metroedmonton.

Protect the customer: CRTC | Military slaps ban

Canadian TV subscribers were put on a pedestal yesterday, with both cabinet and the broadcast regulator lavishing attention on how to protect the ordinary, cash-strapped consumer.

The Canadian Radiotelevision and Telecommunications Commission said it would like to see a new, self-regulated, independent customer-complaints body within the cable and satellite indus-

try.
It would also like a government awareness campaign to tell people about the country's transition to digital TV signals in the summer of 2011. Many viewers with older sets won't be able to tune in after the conversion and the commission suggests they should get some help to pay for the cost of a digital converter box, as was done in the U.S. Those were just two of the recommendations the CRTC

sent to the government on the heels of the major decision on rebalancing the financial landscape in the broadcasting industry.

For the first time, the commission said TV networks can seek payment for their programming, either in kind or in cash

THE CANADIAN PRESS

on injury reporting

AFGHANISTAN The Canadian late yesterday, Canada's military has quietly stopped reporting when soldiers are wounded on the battlefield and will instead deliver annual statistics to the public

The stark policy shift is described as a deliberate attempt to keep the Taliban in the dark.

The weekend death of Cpl. Darren Fitzpatrick in an Edmonton trauma centre brought the directive to the forefront. The 21-yearold was mortally wounded in a previously unreported March 6 roadside

bombing.

Fitzpatrick, of 3rd Battalion Princess Patricia's Canadian Light Infantry, was on a foot patrol with Afghan soldiers when the blast occurred in the volatile Zhari

district, west of Kandahar, In a written statement

task force commander, Brig.-Gen. Dan Menard, said the directive was necessarv.

The army does not want militants "to link the number of wounded with any particular incident,"

"If the insurgents knew how many soldiers were wounded in each particular incident, they could use this information to improve their tactics in the future and cause more Canadian casualties."

THE CANADIAN PRESS

Disease that has reduced bat colonies to bones found in Canada.

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Coulter's speech nixed in Ottawa

OTTAWA American rightwinger Ann Coulter's speech at the University of Ottawa was scrubbed last night after organizers said security could not guarantee her safety from protesters outside.

A spokesperson for the organizers said about 2,000 "threatening" student protesters pressed up against the doors and security advised she not appear.

"It would be physically dangerous for Anne Coulter to proceed with this event," said Conservative activist Ezra Levant.

The announcement was greeted with shouts of Shame" and "We want Ann" from about 100 who had managed to get into the hall. THE CANADIAN PRESS

Toronto White's fight



UFC president Dana White spoke to Toronto media yesterday to call on the provincial government to keep in mind the popularity of mixed martial arts. Ontario Premier Dalton McGuinty has been on the ropes for weeks over his refusal to sanction the popular sport in Ontario, which supporters say would boost the province's troubled economy.

Canadians back contraceptives for poor, survey finds

AID A new poll suggests Canadians overwhelmingly support providing contraceptives to the world's poorest women, but they're not so sure about

The Canadian Press Harris-Decima survey comes

amid debate over Prime Minister Stephen Harper's stand during the G8 summit.

The poll indicates fully 74 per cent believed the plan should include government funding for contraception.

Only 21 per cent were opposed, according to survey results.

Harris-Decima chairperson Allan Gregg says the poll helps explain why the government has clarified its willingness to include contraception in the plan

but has so far refused to be pinned down on the abortion question.

The survey of 1,008 Canadians was conducted March 18-21 and is considered accurate within 3.1 percentage points.

THE CANADIAN PRESS

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Mikes pick up Biden's colourful emphasis

U.S. Vice-President Joe Biden added flair to President Barack Obama's signing of a historic health-care bill yesterday. "This is a big f----- deal," Biden told Obama. THE ASSOCIATED PRESS

World

Eight children die in school knife massacre

A former medical worker stabbed to death eight young children and wounded five others yesterday in a bloody rampage outside an elementary school in eastern China.

The 41-year-old attacker struck in the morning as students arrived for classes. mingling with parents at the school gates before suddenly pulling out his knife and slashing children, according to witnesses interviewed on local television.

In the aftermath, doctors treated small children and bodies lay covered in bloody sheets after the attack at Nanping City Experimental Elementary School in Fujian province. Police officers manned a cordon around the school. Some comforted distraught parents.

China has witnessed a series of school attacks in recent years, most blamed on people with personal grudges or suffering from mental illness.

The rampage in Nanping was finally stopped by passersby and school security guards and the attacker

Pattern of attacks in China

 Recent school attacks include a July 2007 assault in which a mentally ill man wielding a wrench wounded 18 children and a teacher in a kindergarten in southern China before fleeing on a motorcycle and trying to stab himself to death. In June the same

was arrested, the reports said. The suspect was identified as Zheng Minsheng, 41.

Zheng worked as a senior nurse in a community clinic before resigning last June, the official Xinhua News Agency said.

Zheng was known to have a history of mental illness, said a man in the Nanping city govern-ment office.

An unidenti-fied former coworker interviewed on Futelevision said Zheng was "difficult to get along with."

Eight children were killed, and five were being treated at a hospital, Wu

year, a man slashed four students, wounding one seriously, in a high school in the southeastern city of Fuzhou. while elsewhere, police shot dead a suspected mentally ill man who threatened to blow up a school in southern China with dynamite.

said. Six died at the scene, which was smeared with blood from the sidewalk to the floor of an inner reception room. The victims' ages were not immediately known, but Chinese elementary schools typically have students ages six to 12.

THE ASSOCIATED PRESS

Canada to use G20 to pressure China on undervalued currency.

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News in brief

MISSISSIPPI A school district violated a lesbian student's rights by banning her from bringing her girlfriend to the prom, a federal judge ruled yesterday, but he stopped short of forcing the district to hold the event. U.S. District Judge Glen H. Davidson denied an ACLU request for a preliminary injunction that would have forced the school to allow Constance McMillen to escort her airlfriend.

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WHALES Scientists conducting a survey for the U.S. military say they photographed an endangered whale giving birth near where the Navy plans to establish a training range off the coast of northern Florida. Researchers said yesterday it's just the second time a live birth of the critically endangered whales has been documented. Experts estimate only about 400 North Atlantic right whales still exist. THE ASSOCIATED PRESS

Appetites have grown over time

DIET Jesus Christ might just have fries with that — and an extra-large pop, no ice - if the Last Supper was tonight.

A new study that nibbles at the roots of modern-day overeating finds 52 depictions of the Last Supper shows plate size and portions increasing dramatically over the past millen-

Between the years 1000 and 2000, the average size of the main entree exploded by 69.2 per cent, plates grew by 65.6 per cent and bread expanded by 23.1 per cent, according to research by academic siblings Brian Wansink, a nutritional science professor at Cornell and author of Mindless Eating: Why We Eat More than We Think, and Craig Wansink, chair of religious studies at Virginia Weslevan College.

TORSTAR NEWS SERVICE

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Comment & Views

Comment

Testing the limits of free speed



ho is that blond lady and why is everyone afraid of her? I'm talking about Ann Coulter, the right-wing designer pundit from the U.S. currently cutting a swath through Ontario and heading for Calgary, where right-wing pundits roam freely and the skies are not cloudy all day.

She's probably the only good-looking fashionable right-wing pundit in America, which isn't hard when the competition is Rush Limbaugh and Bill O'Reilly. But while Coulter looks

nice, she sure doesn't sound nice. In fact, she writes books called Treason, and Guilty, and says the nastiest things about liberals, or Democrats, as they're called in

Here's one of the nastiest:

"Whether they are defending the Soviet Union or bleating for Saddam Hussein, liberals are always against America. They are either traitors or idiots, and on the matter of America's self-preservation, the difference is irrelevant."

Woo. Fightin' words.

But she's got a million of them, so many, in fact, a few have leaked out on her scorched earth tour of Canada. She told a Muslim student at one gathering to "get a camel" because she should be on a no-fly list, and commented that gay

men can't throw a baseball "without looking like a girl." I can hardly wait until she starts to get really comfortable in Canada.

Coulter was in trouble even before she got here. Her firebrand right-wing zingers so worried a VP at the University of Ottawa, the poor man thought it was a good idea to send her a pre-emptive note reminding her that in Canada our laws on free speech are "dif-ferent" here and "I therefore encourage you to educate yourself, if need be, as to what is acceptable in

Canada and to do so before your planned visit here." You don't have to be Ann

Coulter to be offended by the patronizing tone of that, but she's something else. She has termed herself a victim of a "hate crime" and will file a complaint to the Human Rights Commission. The letter is a hate crime, she reasons, or the whole commission is BS."

Ann Coulter and her fellow bigmouths do serve a function: They test the limits of freedom of expression. There's no one like her in this country, not even guys like Ezra Levant and Mark Steyn, who fly on her wing. Everyone here has either been cowed into politeness by the threat of ceaseless official harassment, or honestly believes we all have to be nice to each other in order to get along.

But freedom is noisy. And Ann Coulter, like it or not, is the noise that freedom makes

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: How will you spend Earth Hour this Saturday?

Anna **McRobbie** Edmonton

A: I haven't even thought that was coming up yet. I'll definitely try and do it. I don't think that should be too hard because I should be studying most of the week

end.

Salvador Garcia Edmonton

A: I plan to shut off everything in my house, including house, including my TV, and unplug all that stuff. I'll chill out in the dark and probably take

Anne **Marie Rich** Edmonton

A: During the day,



Gerald Rotering Calgary

A: We're going to shut down the extra fans, lighting and electrical in the apartment. We participate every year.

Kaitlyn Janice Halifax

couple friends and I are trying to create a drum circle and hang out. We want to get a bunch of people to come — maybe have a bon-

Loralie Frandsen Comox Valley, B.C.

A: Hopefully, I'll be on the beach, making out with my boyfriend, drinking a bottle of wine





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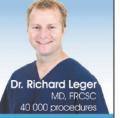
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6

Pharma giants pledges to help vaccinate developing world

GlaxoSmithKline and Pfizer Inc. made a 10-year commitment to supply developing nations with new pneumonia vaccines, the Geneva-based public-private partnership GAVI Alliance said yesterday. THE ASSOCIATED PRESS

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Stimulus didn't help much: **Fraser Institute**

Think-tank credits private investment for Canada's economic recovery

A prominent think-tank says Canadian government stimulus packages had little to do with last year's economic recovery, crediting private investment and increased exports for the rebound.

The Fraser Institute says spending packages by both federal and provincial governments had a minimal impact on last year's im-provement in Canada's gross domestic product, the key measure of economic strength.

Vancouver-based group, which is an advocate of free-market economic policies, released a report saying stim-

measures contributed just 0.2 per cent to GDP growth between the second quarter and third quarter of 2009

In contrast, official statistics indicate the economy grew by 1.1 per cent over the same period.

The report says government spending and investment contributed nothing at all to the one per cent improvement recorded between the third quarter and fourth quarter.

The report was compiled by analyzing Statistics Canada data on the economic impact of govern-ment spending and investment as well as private sector activity.

The institute says its findings are not surprising considering Ottawa earmarked 40 per cent of its stimulus funds for infrastructure projects, which take time to implement.

THE CANADIAN PRESS

Sprint touts video calling ahead of launching first 4G phone.

Toyota recalls occurred in '03

AUTO The CBC reports that Toyota recalled cars in 2003 because of fears sliding floor mats would jam the gas pedal - almost seven years before a similar large-scale recall.

The network says critics in Canada and the United States say the 2003 recall shows that sliding floor mats in Toyota vehicles have been a problem for some time and that the company should have been more vigilant.

In 2003, Toyota recalled 400 Celicas because of the "potential" danger caused by the mats, a CBC analysis of 12 years of Transport

Canada vehicle recall data found. In 2009, drivers of Toy-

ota models including the 2009 and 2010 Rav4 and Matrix were informed that on certain vehicles, if the specifically designed all-weather floor mat for that vehicle is not secured by the retaining clip or placed on top of an existing mat, the mat could move forward and may interfere with the accelerator ped-

Toyota official Sandy De Felice said the 2003 and 2009 recalls are different

THE CANADIAN PRESS



Housing boom to continue in spring, Scotiabank predicts

Confidence

Just over a third of the

417,000 jobs lost in the

2008-2009 recession have

been replaced and the job-

BUYING Canada's housing boom will continue this spring as exceptionally low mortgage rates - and the expectation that borrowing costs will soon

be headed highadd a of ursense to congency sumer buying.

A Scotiabank global real estate trends report released yesterday pre-dicts most Canadian regions will remain sell-less rate is still at 8.2 per markets for cent, only half a point bethe first half of low its high last August.

the year, as strong demand and rising prices continue.

"I think you're going to have a very active spring market, probably some cooling off in the second half of the year," Adrienne Warren, the Scotiabank economist who wrote the

report said in a presentation yesterday.

'We're looking at once in lifetime interest rates that people are taking advantage of

but certainly confidence is The economic recovery from last year's painful recoming back, the cession has improved conjob sumer confidence, although mara bounce back in the jobs kets are stabilizing, market is taking more time.

she said.

Scotiabank expects about 510,000 home sales this year, up 10 per cent

from 2009, but just shy of the 2007 record. Average prices are forecast to increase about eight per cent to a record \$345,000, while housing starts are expected to reach 190,000, up from 149,000 last year.

THE CANADIAN PRESS

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In **brief**

OPPORTUNITY Bank of Montreal chief executive Bill Downe says Canadian businesses should look beyond the border to expand now that the economy is recovering from recession and they can afford productivity-enhancing equipment. Downe told the bank's annual meeting in Winnipeg yester-day both BMO and its business customers have the opportunity to ramp up growth. **GAMING** Nintendo said yester-

day it would begin selling a 3-D version of its popular handheld console within a year. The Nintendo 3DS will feature a 3-D display without the need for glasses. The new portable gaming device will be compatible with software made for earlier DS models, the company METRO NEWS SERVICES

Share**Your**Views ottawaletters@metronews.ca

Athens Peaceful protest



A protesting firefighter holds a flare during a demonstration against the Greek government's austerity measures in Athens, yesterday. Some 500 firefighters took part in the peaceful march, protesting cuts to their salaries under measures intended to save the debt-ridden country some 4.8 billion euros this year.

Real estate agents confused over 'anti-competitive' claims

REALTORS Thousands of independent Canadian real estate agents who battle daily for clients cannot fathom why the competition watchdog believes the industry is "anti-competitive," says the head of one of Canada's largest broker-

Philip Soper, president of Royal LePage, says many of his agents are confused about why the federal Competition Bureau continues to bemoan a lack of choice even after the industry voted to introduce more service flexibility.

"(The realtors) feel that they live in a hyper-competitive industry where

"(The realtors) feel that they live in a hyper-competitive industry."

Philip Soper, Royal LePage

they have to fight for every piece of business," he said in an interview yesterday.

"What they see is heavy competition day after day, and so when an official body states they believe there isn't competition, they find that disturbing and they can't understand whv.

THE CANADIAN PRESS

Composite index up

Statistics Canada reports increased household demand led to the composite index rising 0.8 per cent in February. THE CANADIAN PRESS business

A new look for trusty old directory

The fingers are still doing the walking for the Yellow Pages, but they've had a makeover as the company looks for increased digital growth with more webbased services.

Now known as Yellow Media Inc., the Montrealbased company unveiled its new logo on Tuesday as a simple pair of fingers. Gone from the logo is the directory the fingers had been strolling across for generations. "Our logo was too tradi-

tional," president and CEO devices such as BlackBer-Marc Tellier said in an in-

terview. "Let's recognize that the world has changed and that our logo is living in an environment

that wasn't even

contemplated.'

Yellow Pages is looking at small and medium-sized businesses for more online growth and for growth on mobile rys and iPhones.

Yellow Pages has already said it expects to have 20 per cent of its revenues come from digital applications this year.

Tellier said print and digital revenues should be equal in a few years.

THITEIDO

However, he said its print advertising directories aren't being abandoned and although their growth has eroded, they haven't suffered as much as their perception.

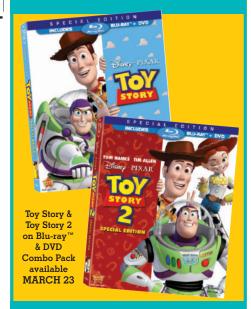
"It's not shrinking at anywhere near the perceived rate." he said. adding they haven't "shrivelled up and died."

The Montreal-based company still prints its Yellow Pages directory and Tellier said some businesses such as plumbing and roofing still work in that format.

THE CANADIAN PRESS



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8

FNUC dismisses president, VP of finance

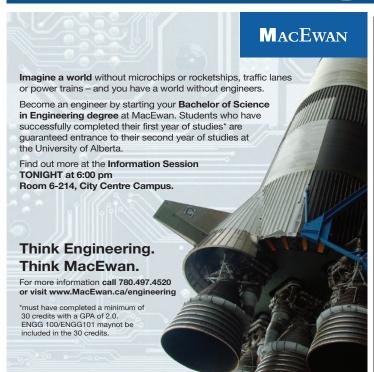
The First Nations University of Canada's new board of governors has dismissed the university's president and vice-president of finance and administration, who were among six senior administrators suspended last month when an interim board was put in place. METRO NEWS SERVICES

Workology

Debt-ridden uMontreal sells convent

In light of its precarious fiscal situation, the Université de Montréal will sell the former convent Mount Jesus and Mary so it can be converted into condominiums. With an annual deficit of \$15 million and a debt of \$154 million, uMontréal says it would irresponsible to keep a facility where 85 per cent of the area is unoccupied and costs more than \$1 million every year to maintain, insure, and secure.

METRO NEWS SERVICES



EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Ministry of Labour, is it the right call?



n individual's experience, related below, provides an example of why you should be careful when you call the Ministry of Labour.

Following her termination, an individual contacted the provincial Ministry of Labour, seeking advice about her situation. She had not yet contacted a lawyer and the ministry representative who was randomly assigned to pick up the phone did not immediately encourage her to

The two spoke at length about her matter. The individual explained that she

had not been paid termination or severance pay, at which point she was encouraged to make a statutory complaint. This was the first error.

The Ministry enforces the provincial legislation only, it does not provide a remedy for common law damages such as wrongful dismissal, which in this case actually made up the bulk of this person's claim.

Without training in employment law, neither the ministry representative nor the individual realized their mistake. As a long-term employee, this person was entitled to considerably more than what the Employment Standards Act could offer.

Although the Ministry could easily address and then remedy her complaint, this was not the problem. It was that once it has taken steps to do so, an individual loses the right to file a wrongful dismissal

claim. Here, since this person's damages were in excess of the statutory minimum, the bulk of her damages then would be relinquished.

The Ministry has safeguards, but they are not always effective. After most complaints are made, the Ministry mails the claimant a standard form letter explaining that if the complaint is not withdrawn within two weeks, the claimant will not be able to file a wrongful dismissal claim. However, since most people will believe, even if incorrectly, that they re-ceived "advice" from the Ministry, they are unlikely to withdraw their complaint or later pay for a lawyer's time to obtain a second opinion. The result is that they are then stuck with their original claim.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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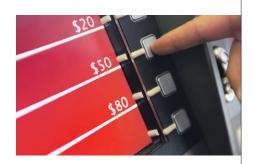
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Designing your future

Engineering promises to be exciting now and down the road

Engineering the Future

Metro Workology is focusing on careers and education in the engineering sector for the month of March to celebrate National Engineering Month. Check back every Wednesday.

JON TATTRIE for Metro Canada

The theme of National Engineering Month 2010 is "design the future," and experts say the future is getting very big and very small.

John McLaughlin is a professor of geomatics engineering at the University of New Brunswick. In 2005, he chaired a Canadian Academy of Engineering task force exploring engineering's future.

He sees engineers tackling massive-scale issues like smart continental power grids that would improve energy efficiency and prevent large-scale black outs. He also sees engineers going deeper into nanotechnology as they become the "doctors of the 21st century" in biomedicine and by designing better drugs and medical equipment.

"In the depths of engineering, the way you organize and address problems at massively different scales is interesting," he says. "The really interesting stuff is going on at the intersections with other fields."

That synthesis will see engineers work in business, urban planning, textiles and medicine. McLaughlin recently met a young aviation engineer who uses her masters of fine arts to help re-imagine what a corporate jet could look like.

The last epoch of engi-



In one way or another, engineers are the key to our future here on earth.

neering saw increasing specialization in fields like electrical engineering and mechanical engineering. "It was organized to build a modern, industrial state after (the Second World War)," he says. "It's time to bring engineering back together into some kind of holistic vision."

It's also going to get a lot

more human-focused. McLaughlin's mother-in-law is considering a move into a nursing home, but she, like many seniors, wants to stay home as long as she can. Currently, that requires expensive care workers, but in the future, engineers could design technology to safely extend the time seniors can spend at home.

Marie Carter, Engineers Canada's chief operating officer, sees professional engineers becoming engineers of the body.

"We've seen the ability of mechanical engineers to work with electrical engineers and structural engineers and doctors to build advanced prosthetics, hearts and to grow tissue," "I know if I was 18 again and going to university, I'd (have done) biomedical engineering. It is really interesting."

Engineers Canada COO Marie Carter on the future of engineering

she says. "I know if I was 18 again and going to university, I'd (have done) biomedical. It is really interesting."

There are also rapid advances in agricultural engineering, which has helped build machines and foods that help developing nations feed their people. Carter sites GPS technology in tractors that allow farmers to harvest grain with extraordinary precision. Food storage is also improving, thanks to engineers.

Software engineering is another dynamic area. "It's interesting how engineering has evolved from the designers of the things we see and touch and use to the designers of the entire system," Carter says.

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10

Jose Canseco says he has been subpoenaed by a grand jury investigating whether Roger Clemens lied to Congress when he denied using performance-enhancing drugs. Canseco posted on Twitter yesterday that he had received a subpoena to appear before the grand jury "about roger clemens, andrew petitie and others" on April 8. THE ASSOCIATED PRESS

ports



Arenas pressured teammate: Prosecutors
Prosecutors say Washington Wizards star Gilbert Arenas, left, tried to pressure teammate Javaris
Crittenton into covering up their locker-room confrontation in December. Assistant U.S. Attorney ner Kavanaugh made the allegation in a court filing yesterday as he advocated for a

EDITOR: DON.MCHOULL@METRONEWS.CA



Edmonton Oiler Ethan Moreau checks Vancouver Canuck Henrik Sedin last night at Rexall Place. The Oilers won 3-2.

SCOREBOARD

Charlotte 95 Washington 86 (01)
Indiana 98 Detroit 83
New York 109 Denver 104
Dallas 106 LA. Clippers 96
Denver at Boston, 5 pm.
Minnesota at Charlotte, 5 pm.
Washington at Indiana, 5 pm.
Utah at Inoronto, 5 pm.
Utah at Inoronto, 5 pm.
Washington at Indiana, 5 pm.
Utah at Inoronto, 9 pm.
Philadelphia at Milwaukee, 6 pm.
Cleveland at New Orleans, 6 pm.
Houston at Oklahoma City, 6 pm.
Let. Lakers 41 an Antonio, 73 pp .m.
Memphis at Golden State, 83 pp .m.

YESTERDAY'S RESULTS

YESTERDAY EDMONTON 3 Vancouver 2 Florida 4 Toronto 1 Ottawa 2 Philadelphia 0 Boston 4 Atlanta 0 Boston 4 Atlanta 0 New Jersey 6 Columbus 3 Tampa Bay 3 Carolina 2 (OT) Dallas 3 Nashville 1 San Jose 4 Minnesota 1 Chicago 2 Phoenix 0 Calgary 3 Anaheim 1

TODAY'S GAMES N.Y. Islanders at N.Y. Rangers, 5 p.m. Pittsburgh at Washington, 5 p.m. Montreal at Buffalo, 5:30 p.m. St. Louis at Detroit, 5:30 p.m. Los Angeles at Colorado, 7 p.m. Anaheim at Vancouver, 8 p.m

WESTERN	CONF	EREN	CE C	VER	ALL	STAN	DINGS
	GP	W	L	OL.	GF	GA	Pts
d-Chicago	72	46	19	7	236	179	99
d-San Jose	74	44	19	10	235	192	98
d-Vancouver	73	44	25	4	238	190	92
Phoenix	74	46	23	5	201	181	97
Nashville	74	42	27	5	207	206	89
Los Angeles	71	42	24	5	211	188	89
Colorado	72	40	25	7	216	194	87
Detroit	72	36	23	13	196	193	85
Calgary	73	37	27	9	187	187	83
Dallas	73	32	27	14	211	231	78
St. Louis	72	34	29	9	196	199	77
Anaheim	72	34	30	8	204	220	76
Minnesota	73	35	32	6	199	215	76
Columbus	73	29	32	12	190	235	70
EDMONTON	73	24	42	7	187	250	55

y - clinched division title, d - division leaders ranked 1-2-3 regardless of points

NFL owners back new rules for overtime playoff games FOOTBALL Sudden death has

gotten a little less sudden in the NFL playoffs.

The league yesterday changed its overtime rules for post-season games. Starting next season, if a team wins the coin toss and then kicks a field goal, the other team gets the ball. If that next series ends with another field goal, play will continue un-der the current suddendeath rules.

If the team winning the toss immediately scores a touchdown, however, the game is over.

Team owners voted 28-4 yesterday in favour of the proposal at the NFL meetings. Minnesota, Buffalo, Cincinnati and Baltimore opposed the change.

Passage was helped by commissioner Roger Goodell's support and by a spate of statistics indicating the

Statistics showed that since 1994, the team that won the overtime coin toss won the game on the first possession 34 per cent

coin toss had become too prominent in determining OT winners.

Minnesota lost last season's NFC championship game in overtime to New Orleans. The Saints won the toss, drove downfield and kicked a field goal to win.

"Modified sudden death is an opportunity to make a pretty good rule ... even better," said Atlanta Fal-cons president Rich McKay, co-chairman of the competition committee. "Statistically, it needed to change. It wasn't producing the 'fairest result.

THE ASSOCIATED PRESS

Spoilers again

NHL RESULTS



Tom Gilbert had a goal and an assist as the Oilers continued to make a surprise late surge. winning their third in a row with a 3-2 victory over the Canucks last night.

Robert Nilsson and Andrew Cogliano also scored for the last-place Oilers (24-42-7), who were coming off consecutive wins over Detroit and San Jose and have now won seven of their last nine at home.

Mason Raymond and Daniel Sedin replied for the Canucks (44-25-4), who have lost two in a row.

Edmonton goalie Devan Dubnyk was absent from the game with the flu, setting off a frantic search for a backup goalie for Jeff Deslauriers.

With their usual emergency backup plan of bringing in a netminder from the University of Alberta unavailable, the Oilers called in Nathan Deobald, a third-string goalie with the University of Calgary who has only played game for the Dinos this year. THE CANADIAN PRESS

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Tessa Virtue and Scott Moir perform their compulsory dance yesterday at the world figure skating championships in Turin, Italy.

Jones puts questions about 2014 Olympic run on hold

CURLING Jennifer Jones and her teammates are putting off a major decision about their future until after the women's world curling championships.

The dominant women's curling team in Canada over the last few years has yet to decide whether it will make a run at representing its country at the 2014 Win- Jennifer Jones Olympics

Sochi, Russia.
"It's a long time and it's a lot of sacrifices," Jones said. "I just want to get through the year and figure it out from there."

Jones, third Cathy-Over-

ton Clapham, second Jill Officer and lead Dawn Askin were the favourites to win the Olympic trials in December and go to the 2010

Games in Vancouver. But the Winnipeg team didn't even get close with a 2-5 record. Calgary's Cheryl Bernard won the berth and

an Olympic silver medal. "We certainly did-

n't perform to our potential at the trials," Officer admit-ted. "We were disappointed and devastated about that. We

had the opportunity and it just didn't work out for us.

Jones has started strong these world championships, winning a sixth straight game yesterday morning. Jones was alone at 6-0 following a 9-6 win over Angelina Jensen of Denmark and was to face Erika Brown of the U.S. (5-1) at night. THE CANADIAN PRESS SOCCER Wolverhampton Wanmedallist Felix Loch, International Luge Federation president Josef Fendt and other athletes and officials came to the hometown of Nodar Kumaritashvili, who died hours

> before the opening of the games Feb. 12. NFL Kyle Orton remains the Denver Broncos' starting quarterback, and Brady Quinn is going to have to unseat him if he wants to be the one under centre when the season starts in six months, coach Josh McDaniels said

yesterday. HOCKEY Mark Messier has selected a former teammate to coach Canada's team at the upcoming IIHF World Hockey Championship. The Canadian general manager named Craig MacTavish the team's head coach vesterday. The two were teammates with the Edmonton Oilers in the 1980s and briefly with the New York Rangers in the 1990s.

METRO NEWS SERVICES

Virtue, Moir get top marks in compulsory dance

SKATING Tessa Virtue and Scott Moir were the picture of elegance gliding around the Palavela ice, she in glamorous silver and sequins, he in bow tie and tails, their execution of the Golden Waltz exquisite.

But don't be fooled by their polished performance in the compulsory dance that vaulted the Canadians into the lead at the world figure skating champi-onships. Virtue and Moir are far from fans of what they believe is an antiquated element of ice dance. and will be thrilled to see it

go.
"We think it's a little outdated and I don't think that the results really speak true when they come out after compulsory dances, and I don't think it's necessary anymore in today's sport of ice dance," Moir said. "I think it has kind of come a long way and (the compulsory dance) is kind of holding us back.'

A month after capturing Canada's first Olympic ice dance gold in Vancouver, Virtue, from London, Ont., and Moir, from Ilderton, Ont., picked up where they left off, posting a score of 44.13 points for their Golden Waltz, the compulsory dance drawn for the world championships.

Americans Meryl Davis and Charlie White, silver medallists in Vancouver and friends and training partners of Virtue and Moir. scored 43.25 to leave them second. THE CANADIAN PRESS

Sports in brief

derers won 3-1 at West Ham vesterday to leave its English Premier League rival deep in relegation trouble. Wolves' biggest win of the season took their unbeaten streak to three matches and lifted them one place to 15th — four points ahead of West Ham with seven games to play. BASEBALL New York Mets shortstop Jose Reyes has been cleared to resume baseball activities after doctors determined his thyroid levels have returned to normal. Mets general manager Omar Minaya said Reyes will resume full workouts today. LUGE The head of the Vancouver Olympics, an Olympic gold medallist and other dignitaries attended a ceremony vesterday at the grave of the Georgian luger killed during a practice run at last month's Winter Games. Vancouver organizing committee president John Furlong, luge gold

metro

Esks sign defensive back Gordon

The Edmonton Eskimos announced yesterday that they have signed import defensive back Lawrence Gordon. METRO NEWS SERVICES

Rankings don't mean much to Golden Bears

The Alberta Golden Bears head into the Canadian university men's hockey championship favoured to win a 14th title.

But they know from experience that's no guaran-

tee for success.
Last year, the Golden Bears went into the tournament as the No. 1 seed and defending champions only to open with a loss en route to being eliminated on the second day of the four-day competition.

Head coach Thurston said the Bears can't afford to play waitand-see hockey, a mistake they made last season.

"Ĭt's such a tough tournament to win," he said. Every game is a best-ofone against six teams that all deserve it."

Alberta opens play in the 2010 Cavendish University Cup with a Pool A game against sixth-seeded UQTR tomorrow night at Fort William Gardens. Earlier in the day, No. 2 McGill faces fifth-seeded Manitoba in the tournament opener.

Host Lakehead, the fourth seed, is also in Pool A with Alberta and UQTR while third-seeded Saint Mary's joins McGill and Manitoba in Pool B. The defending champion UNB Varsity Reds are not back this year after losing in the Atlantic conference semifi-



In this 2008 photo, Golden Bears captain Harlan Anderson hoists the Cavendish University Cup after defeating the University of New Brunswick Varsity Reds 3-2 to win the Canadian university men's hockey championship. The University of Alberta Golden Bears are once again the top seed in the championship

The top two teams in each pool will meet in Sunday's final (Rogers Sportsnet, 5 p.m.).

Led by Canada West MVP Chad Klassen, a fourth-year forward who finished fifth in CIS scoring with 18 goals and 28 assists, the Golden Bears

were 23-4-1 in the regular season and 4-1 in the playoffs.

Canada West outstanding defenceman Kyle Fecho will also suit up for the Bears, who will make their 34th appearance in national onship. THE CANADIAN PRESS

NHL's board approves new head shot rule

HOCKEY The NHL's board of governors has approved a new rule on blindsided hits to the head, even though one hasn't been formally submitted by the league's competition committee.

A league statement posted on NHL.com last night indicated that the owners unanimously approved a rule prohibiting hits on an unsuspecting player where the primary point of contact is the head.

However, a spokesman for the NHL Players' Association said a rule hadn't been submitted by the competition committee as per the process outlined in the collective bargaining agreement.

It's unclear what will happen next. A source indicated that the league is weighing its options while waiting for the union to formulate a response about the proposed rule.

THE CANADIAN PRESS



NAME	LOCATION				PTS
1. Brian B	AB, CA	1043	434	611	1045
2. Jonathon Gremsperger	BC, CA	1045	443	600	1043
3. Stephanie Warren	NS, CA	1015	420	609	1029
4. Shawn Tschritter	AB, CA	1034	419	600	1019
5. Christian Gagnon	NB, CA	982	402	615	1017
6. Dennis MacDougall	NS, CA	1009	407	604	1011
7. Cole Warren	NS, CA	1029	376	631	1007
7. Kyle Turk	NS, CA	1040	424	583	1007
9. Blaine Schlechter	AB, CA	1002	402	603	1005
10. Bernie Horton	ON, CA	968	415	585	1000
11. Myles Dennis	NS, CA	993	381	617	998
12. Calvin Lewis	NS, CA	1034	407	590	997
13. Steve Ferguson	ON, CA	1020	402	593	995
14. Grant Greenfield	AB, CA	1000	438	554	992



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Canada Post will purchase 1,175 Ford Transit Connect vans this year, the largest fleet sale of the model in Canada to date, to replace its aging national fleet of light vehicles.

CANADIANDRIVER.COM

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA



A clean car, free of clutter and musty odours is more comfortable to drive in, healthier, and looks good too, experts say.

Out with winter grime

A thorough spring clean key to comfortable driving

Now that winter is slowly making its exit and warm weather has almost arrived, consider giving your car a good spring cleaning, both inside and out.

auto experts at Canadian Tire can help with the right tools and tips for getting your car in tip-top shape this spring.

Canadians spend a lot of time in their cars, so it's important to keep them properly maintained and cleaned after the harsh months," says Michelle Massicotte, associate vice president of car care and accessories at Canadian Tire. "A clean car, free of clutter and musty odours is more comfortable to drive in, healthier, and looks good too

INTERIOR CAR CLEANING

Clear out garbage from inside your car. Make sure to check under seats and in the trunk for anything that could be hiding.

Clean the dashboard,

consoles, door panels and interior windows. Canadian Tire has special cleaning products to help protect the interior surfaces of your car and keep it look-

ing new. Remove floor mats and vacuum the carpets and

Replace rubber mats with carpet mats.

EXTERIOR CAR CLEANING

Mix a car detergent with water and soap up the car using a sponge. Pay particular attention to areas where dirt has accumulated, such as wheel wells.

Rinse the soap off with a hose. Be sure to give the undercarriage a good rinse to get the salt off to prevent rust and corrosion. When the car is dry, buff

the exterior with wax for extra shine and protection.
Keeping your car clean is

simple maintenance step that makes a big difference to how your car looks and how you'll feel driving it. Make it fun by inviting friends or family to help you out.

Canadian Tire offers a wide range of carpet mats, cleaning products and accessories to help with your spring cleaning. More hints and products to help shift your car into spring can be found online at canadiantire.ca.

NEWS CANADA

Don't forget filters during spring time



hining up your ride is rewarding. But if you're just buffing the outside sheet metal, wiping down the seats, and vacuuming the carpets, you're not fully completing your cleaning assignment.

What about the insides of your engine, transmission. and vent system? It's hard to get a broom inside those components; so automotive engineers have fitted them with five essential filters.

Let's quickly review where you find these vehi-cle filters, and how often you should change them.

ENGINE OIL FILTER

The least expensive filter and the one that has the most bearing on overall vehicle longevity. Like any filter, an oil filter can only suspend so much stuff. When clogged not only is its cleaning ability compromised, but also its ability to keep the oil flowing through the engine at the optimum rate.

Obviously replace the filter at each oil change. Check your owner's manual or on-board oil monitoring system for oil change intervals, but 10K and/or 6 months would be a prudent upper limit.

ENGINE AIR FILTER

An engine needs air (or more precisely oxygen) to combust petroleum.

Like the clogged oil filter, a clogged air filter hinders both cleanliness and flow. And if airflow is compromised, some fuel can go unburned - a dirty, powerrobbing, and wasteful outcome

Generally, air filters can go about 12 to 18 months, or 20-30,000 kms. But have it checked at each oil change.

Or do it yourself, by shining a headlight, flashlight, or trouble light through one side of the filter. If light has trouble getting through, your filter is toast.

FLIFI FILTER

Fitted between the gas tank and engine, the fuel filter keeps rust, water, dirt, etc., from your entering your combustion chamber.

Once again, when these things get clogged, both cleaning ability and flow are compromised.

If they get really clogged you can look forward to 2% cash back at eligible gas stations.



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stalling and hard starting. Fuel filters are harder to locate: have a mechanic or gear-head friend break the trail for you.

Your owner's manual will stipulate when you should change them, but history has shown us that they usually last about two years or

TRANSMISSION FILTER

If there is a filter change to leave to the professionals, it's the automatic transmission filter, as it is accessible only when the pan is removed.

Some newer transmissions, especially CVTs, don't have replaceable filters. But all need to have their fluids changed periodically, which is when you should also change the filter (if there is one). Two years or 50K is a ballpark interval for a transmission service - check vour manual.

CABIN DUST AND POLLEN FILTER

A lot of people don't even know they have a cabin dust and pollen filter, but most new cars have them. Part of the heating and cooling system, they are usually fitted around the glove box, and can easily be checked and replaced by non-professionals.

They are designed to go about one year, but no harm in checking them every oil change.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.



If you are hitting the road this spring, make sure you car is ready.

Are you ready for that road trip?

SPRING The arrival of spring brings exciting road trips and vacations to life, but before you set off on your journey, make sure your car is prepared to get you to your destination safely and stocked with the tools you need in case of an emergency.

The first thing you should do is have your car checked out by a certified technician. They can identify and fix any maintenance and repair needs so you can avoid expensive or inconvenient repairs on your vacation.

It's also a good idea to have a friend or family member walk around your car while you test and make sure all your lights and indicators are working properly. Replace any burnt out bulbs immediately to keep you visible and safe on the road.

Be prepared for the un-

expected and ensure your emergency roadside kit is fully stocked and working properly. The roadside kit should include a flashlight and batteries, first aid kit, blanket, emergency triangle, booster cables and rope. You can purchase complete kits or individual pieces at your auto accessories store.

Also. consider investing in an Airman Tire Repair Kit.. This kit can save you time and money should you be sidelined by a flat tire. It combines a powerful air compressor with sealant to repair punctured tires within minutes, so you won't have to wait for roadside assistance or install your spare tire.
Taking the time to pre-

pare your car before you hit the road lets you travel worry-free and focus on fun.

NEWS CANADA

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Pamper car in spring

Between the cold weather, road salt and challenging driving conditions, winter takes a toll on your car. So when spring arrives, it's important to take some time to pamper your vehicle and get ready for warm-weather driving.

"De-winterizing your car and having a spring checkup can help extend the life of your vehicle." savs of your vehicle," says Michelle Massicotte, associate vice president of car care and accessories at Canadian Tire.

"Have a technician check your car to identify technician any required maintenance and repair — it will save

you money and frustration later on."

In addition to a spring tune-up, experts at Canadian Tire suggest these car care tips to prepare for spring driving:

CHANGE TIRES

Winter tires can wear out quickly if left on in warm weather, so replace your winter tires with allseason tires as soon as spring arrives. It's also important to have your tires balanced and aligned to ensure a smooth ride.

WASH CAR EXTERIOR

Make sure your spring

cleaning includes a thorough car wash. Salt and sand that accumulate on your car could lead to corrosion and rust if left unwashed, so pay attention to the undercarriage of the car where salt and grime can cause the most dam-

REPLACE WIPER BLADES

Wiper blades that leave streaks or a film on the windshield should be replaced to maintain good visibility, which is critical to safe driving. Experts at Canadian Tire suggest replacing wiper blades every six months and choosing the right wipers for your



winterizing your car and having a spring check-up can help extend the life of your vehicle

vehicle and driving condi-

CHECK OIL AND FLUIDS

coolant and transmission fluid should be checked and topped up regularly to keep your car running

You can change the fluids yourself or take your car to an auto service centre and let the professionals do it. NEWS CANADA

Toyota's latest sports concept.

Toyota mines past for future FT-86

CONCEPT Celica, MR2, Supra, Corolla AE86: Toyota's great driver-focused sports cars of the past have inspired its vision for a future-generation concept model.

In creating the FT-86 (Future Toyota-86) Sports Concept. Toyota has directly referenced the excitement and fundamental fun-todrive quality that characterized the Corolla AE-86.

In its day the AE86 became a must-have model for rallying and circuit racing, with its front-engine, rear-wheel drive power-train, compact dimensions, lightweight, impeccable balance and strong power to weight ratio. Even more than 20 years on from the end of production, it remains a popular choice

with privateer rally teams. The FT-86 Sports Concept previews a new-generation Toyota sports car, designed to recapture the spirit of the AE86, sharing its front-engine, rear-wheel drive credentials.

The FT-86 is designed to deliver simple, dynamic power with environmental responsibility.

Rather than use a heavy displacement engine for performance, it equipped with a freerevving 2.0-litre gasoline unit with a six-speed manual gearbox with compact dimensions.

FROM CARGUIDE



Toyota Sienna all about family

JIL MCINTOSH for Metro Canada

Minivans are the survivors of the auto world. Pundits have predicted their demise for years, but they continue on, and for good reason: Nothing beats them when you have to move a crowd.

Toyota's version is the Sienna, which will be completely revised for 2011.

In the meantime, I took a long-distance trip in a 2010 front-wheel-drive CE: it's the base trim line, at \$29,500. Sienna is the only minivan still available with all-wheel-drive, but it can get expensive, rising to \$50,980 for the top-line model.

All Sienna models use a 3.5-litre V6 with five-speed automatic transmission. Its 266 horsepower is the highest of its competitors. while its official in-city fuel



The centre stack controls are simple to use, and cupholders abound.

2010 **Toyota Sienna**

Type: Minivan
Price: from \$29,500 Engine: 3.5L V6 HP: 266

Highlights

- Only minivan available with all-wheel drive
- Plenty of storage space
- Impressive power and
- performance

consumption is the lowest. All Siennas also include electronic stability control, front seat side and curtain airbags, dual-zone climate control, cruise control, heated mirrors, and tire pressure monitoring sys-

The can be folded in half, tumbled forward, or removed entirely — they're easy to unlatch, but heavy to lift out - while the third-row seats fold flat into the carwell behind them. Chrysler is still the only one with second-row seats that fold into the floor, but the thin foam needed to make them work also means they get uncomfortable very quickly. Sienna's seats, while ini-

tially fine, got very hard at about the two-hour point of an eight-hour road trip. Volkswagen Routan and

114 AVE second-row seats See your nearest Infiniti retailer or infiniti.ca for complete details. AMVIC Licensed. Honda Odyssey still lead

> Big and roomy, Sienna handles like a much small-er vehicle, with light steering and a tight turning circle, important considerations for a vehicle that will probably spend much of its time in and out of parking spots. It stops fine, but the brake pedal feels mushy. I also found the liftgate heavy and hard to close; power liftgates are only

the pack for long-distance

found on the upper-line models.

There is a treasure trove of storage cubbies, including two that, like on a Porsche, are hidden under the hinged armrests on the front doors. The centre stack controls are simple to use, and cupholders abound. Fit-and-finish could be a little better, though.

You can get into a Dodge Grand Caravan for much less, but Sienna stacks up

favourably among most of its other rivals for price, especially when looking at comparable features — the even "base" Sienna still contains a long list of items.

Power, performance and fuel consumption all rate high, along with functionality that easily trumps any SUVs or Toyota's crossovers. Minivans may not be sexy, but they do exactly what they're supposed to do.





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16

Tour of nuclear reactor popular

Hanford, Wash., is a hot destination for tourists. Hundreds waited until midnight to sign up online for a limited number of tours of the nuclear reservation that include the B reactor, which produced plutonium for the bomb dropped on Nagasaki to end the war with Japan. hanford.gov. METRO NEWS SERVICES

Travel



Walk around Northern Ireland

Offbeat and charming, and filled with humour, insight, and a wide array of eccentric characters, Beyond Belfast tells the story of one man's misguided attempt at walking the entire Ulster Way: a 560-mile path that circles Northern Ireland, from the city walls of Derry to the moorland heights of the Sperrins, from the green glens of Antrim to the Mountains of Mourne.

EDITOR: BEN.RYCROFT@METRONEWS.CA

Exploring eccentric Barcelona

ROMINA MCGUINESS

Quirky, eccentric and fiercely patriotic. Barcelona has it all beaches, great nightlife and amazing shopping and sight seeing.

WHY GO NOW?

Barcelona. Visiting Spain's second largest city, is like going to another country altogether. With its own language (Catalan), laws and traditions, people here are fiercely proud of their city. Eclectic, dreamy, super trendy, Barcelona is less oppressive than the capital city Madrid and much more quirky. Being on the coast, temperatures are also great all year round.

IT'S MY FIRST TIME Avenue of Las Ramblas

The brouhaha along the broad Avenue of Las Ramblas makes it one of the most exciting streets in Spain. You can pick up a tweeting bird (in its cage), flower bouquets, printed T-shirts or stop for a cana (small beer) and listen to the street music.

Grab a breath of fresh air at the city's waterfront, only a short walk from Las Ramblas. On Sunday mornings, local families and tourists rub shoulders strolling along the sand and dipping their toes in the somewhat chilly Mediterranean. Order a fragrant dish of seafood paella or fried calamari at La Mar Salada (Passeig Joan de Borbó).

I'VE BEEN BEFORE Parque Guell

Eccentric artist Antoni Gaudí's colorful and crazy Parque Guell is a great way to spend the day. Bring a picnic and see some of the artists' most creative designs — the park is a UN-ESCO World Heritage Site. Culture is the life and soul of Barcelona, so dropping by the Museu Picasso (museupicasso.bcn.es) is a must. Some of his greatest work is on display here.

WHERE TO SHOP

Head to the antiques market held in front of a cathedral on Plaça Nova, in Barrí Gòtic district. It's a beautiful place to buy all sorts of bits and bibelots; dramatic manila shawls, posters, sturdy jewelry and the odd dusty old typewriter. Haggling isn't an option, it's a must.

Established in the 18th century, the bustling Mercat de la Boqueira (La Rambla, 91) is great for a not-soordinary afternoon shopping. Fresh fruit and vegetables form vivid pyramids of color and stalls sell pretty much everything Spanish and delicious from fresh cheeses, to breads and cuts of meat.

WHERE TO GO OUT

Stand up tapas bar Quimet & Quimet (Poeta Cabanyés 25) is a great way to start the night. The cramped space manages to remain cozy and all sorts of cans and bottles cover the wall from top to bottom. Its "New York meets Catalunya" vibe spreads to the delicious menu of cream cheese (all cheeses are overwhelmingly used as the leading ingredient here), beef and sweet tomato jam.

The wine selection is particularly good. Watch people fill their glasses or even bottles with wine pouring (not literally) out of the oak barrels at Bar Bodega Teo, a local fixture since opening in 1951. The interior design is flashy and fabulous-fairy lights and insect lamps are there to keep you out of the



The market at La Boqueria is a great place to find fresh food.



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Three exciting things to do

- Sagrada familia: Gaudi's masterpiece dominates the city of Barcelona. Surreal, stunning and unique. Absolutely not to be missed. sagradafamilia.cat
- Cable car: Regular trips to the top of Montjuïc by cable
- car. Dizzying, but the views of the city are worth the heart racing experience. tmb.net
- Segway tour: It's weird but it gets you from A to B much quicker than walking. Double up on sight-seeing. barcelona-segwayglides.com



This Spanish city offers a mix of historical and modern attractions.

Top tips for Barcelona

Best Apartments

El Palauet is a series of six apartments (+34 93 218 0050; epliving-barcelona.es) that can be rented for a minimum of three days.

Each has stylish modern, white interiors, and a terrace overlooking Passeig de Gracia. There's also a spa that residents can use.

Best Pre-dinner Drinks

La Vinya del Senyor (+34

93 310 3379) is does wine by the glass with delicious bar snacks. Dry Martini's (drymartinibcn.com)

name speaks for itself. This fabulous bar serves stiff drinks in grown-up surroundings. Mirablau (mirablauben.com) has terraces that are perfect for watching the sun go down. Alternatively, have drinks outside at the Park Güell right before it clos-

es. GLOBALISTA

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Destination Weddings

DANIEL SQUIZZATO for Metro Canada

First, you found the perfect

Then you picked the perfect place to tie the knot and it's somewhere far, far away.

So, what's next?

It's a question more and more couples are asking these days, according to destination wedding specialist Laurie Keith. She says destination weddings - where couples travel to a foreign spot for their ceremony — account for about 16 per cent of all weddings, with that number expected to rise to 25 per cent in the coming years.

Her company, Romantic Planet Vacations, handles between 200 and 300 destination weddings a year, with all-inclusive resorts in locales such as Mexico, Cuba and the Dominican Republic being the most popular choices

But while there's a romantic appeal to getting married in a special place, there are also plenty of practical considerations.

Not to worry, says Keith. "There are actually many benefits of having a destination wedding, one being saving money on it," she says.

According to Keith, the average wedding in Canada costs \$26,000, while a destination wedding usually runs the couple only about \$6,000. The savings generally come from guests paying their own way, though there are options available for the cost-conscious.

Keith says group discounts are available at most resorts, and she's also seen



One expert expects them to make up 25 per cent of her business.

situations where the couple pays for part of their guests' expenses.

Besides, she says, considering that most Canadians will take one trip a year, "they can just combine that with the trip to visit their family or friend at their wedding.

Once the guest list is sorted out, Keith has some key tins for the wandering couple: Plan as far ahead as you can, and consult someone who specializes in destina-

tion weddings.
"Most brides and grooms get overwhelmed with all the options out there," she says. "We can sit down and go through the process of asking what their interests are, what their budgets are what destinations they favour."

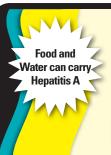
The wedding planner will

airfare, accommodations and travel documents, says Keith. But what about the most important parts of the ceremony, the rings? How do they get there?

Not in your checked luggage, advises Keith. Couples should keep those handy at all times. She also says most airlines offer closet space to store wedding dresses during transport, though that space can get cramped if the plane has other likeminded couples onboard.

Aside from laying down deposits early to avoid disappointment, Keith also has one other important bit of advice: "don't let your guests boss you around.

They tend to want a say in where they're going and what they're doing. But it really is ultimately your wedding, so at the end of the day, it's up to you.



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Suite 104, 7633 - 50 St. (Old Shaw Cable Bldg.) | **780.465.5150** PARKING AVAILABLE | www.atlasimmunization.com | OPEN MONDAY TO SATURDAY He isn't promising anything, but Boy George has said that his former band Culture Club may reunite in 2011 to mark the three decades since their formation. "I think we could do a one-off gig or maybe a small tour," he told the BBC. POPEATER.COM

Entertainment

For the kids

23rd Annual Kids' Choice Awards this Saturday. PEOPLE.C

Baruchel tames the Dragon

NED EHRBAR Metro World News

Jay Baruchel is the first to admit he's easy to please, and making his latest film, the animated How to Train Your Dragon, gave him plenty to smile about - including fulfilling a lifelong goal of having an action figure based on one of his characters.

Baruchel sat down with Metro to talk about Scottish accents, unlimited hamburgers and why Canadians are so funny.



How did you like making an animated film?

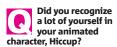
For me it was a lot of fun because I got to record a lot of it in Montreal. I was able to just record and go home, which is pretty cool. It's always fun when you're doing it with other actors, but there's something to be said about just coming in for two hours, doing each line 10 times, eating a hamburger and home. I can't going enough how they always

had hamburgers waiting for me. It was pretty cool.



Hamburgers were a specific require-

Yeah, it kind of was. Even when I did some recording for the DVD. I was only going to be in there for half an hour, and they're like. We got In & Out on the way, it's coming." It was amazing. Even in New York, when I was recording there, I'd roll in and they'd be like, "OK, we just sent someone out to Mc-Donalds for you." That was

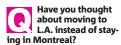


Maybe I'm just a narcissist, but yeah. I saw a lot of myself in there. He's got terrible posture, and he scrunches up his face the way that I do, and he gestures with his hands and he's real skinny. Yeah, I take ownership of him, man. A hundred and fifty per cent. I'm



Canadian actor Jay Baruchel, right, voices a character named Hiccup in the new animated film How to Train Your Dragon.

just predisposed to loving Hiccup. I think he's awe-some. There's this little dude on screen who's like a mini cartoon of me. It's like as close to having a kid as I've ever come.



I've been acting out here since I was 18, and I'll be 28 next month, so if I was going to move I probably would've done it a while ago. It's a racket I've been running for about a decade now. It's

great, since I don't live here they always put me up in a nice hotel, and if I lived here I'd just be another actor. But also I live three blocks away from my mother and the house I grew up in, and I live with two guys that I've known since I was 14. That's just my home.

Why do you think Canadians, on average, are funnier

Well, I won't say that. I know better than to agree to that. But what I'll say is we export a lot of funny people.



Actually, generations of people have tried to answer that question. What makes **Dragon opens** us funny? It's basically because we're equal parts in Great Britain and the U.S., so we have two different comedic sensibilities put into one. It's either got to be that or it's the free medicine gives us more time to think about jokes. I don't know, but there's something in the



water, definitely.

Movie feature

I do. I'm a Happy Meal toy, which is a huge benchmark in my career. For someone that eats as many hamburgers as I do, to be a readily available toy at one of the places that sells said hamburgers is a pretty big thrill, honestly.

In the movie, the

adults are voiced by Gerard Butler and Craig Furgeson, while the kids are voiced by you, America How to Ferrera and Jonah Hill. Do Vikings **Train Your** become Scottish at some point

during puberty?

(Laughs) That was always a question. I think they like that it hammered home the generation gap more. All the old guard talk a certain way, and the rest of us - I read a review where they said we sound like kids that could be found at any mall. But yeah, there's a point when your balls drop and you start talking Scot-





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20 entertainment

Coming off a multi-episode arc on HBO's Big Love, Sissy Spacek is heading to CBS for another TV gig. The Oscar-winning actress has joined CBS' John Wells-produced medical drama, according to The Hollywood Reporter. METRO NEWS SERVICES

Springer hosts new dating game

GAME SHOW Jerry Springer is reinventing himself again, this time as host of a dating game series.

Baggage, debuting next month on the Game Show Network, gives three contestants the chance to win the eye of a prospective date. The hitch:

Contestants have to reveal their faults and foibles.

Among the planned suitors: a shoplifter, a Jerry woman who Springer gets advice from psychics and a control freak.

Springer called "Baggage" a family-friendly show that's "just fun and lighthearted. There's no life-changing issues.

"I'm like the crazy old uncle," he said. "People feel comfortable telling me their secrets, that I won't be judgmental."

The series debuts April 19.

THE ASSOCIATED PRESS

The sky's the limit for Fly Girls

New show follows glamourous — or not —lives of flight attendants

are bringing sexy back.

Fly Girls, a CW reality show debuting 9 p.m. ET today, follows the lives of five Virgin America flight attendants as they jet around the country.

The eight half-hour

episodes will feature the attendants sharing a home in Los Angeles, working long hours while dealing with grumpy passengers and partying on their layovers in cities such as Las Vegas, Miami Beach and New York. The series promises stories filled filled with romance, family

and friendships. "Everything Fly Girls that you are going to see is real
— all the relatonight tionships, all the reactions," execu executive producer Jeff Collins said. "The series itself has a lot of twist and turns in it, some of it is very personal, and that's all real. You can't manufacture that."

It's that work experience

producers hope will give "Fly Girls" an edge over other reality shows.

"These women came to the table with a story, with a history," Collins said, adding that they were already friends or acquain-tances before filming be-

Tasha Dunnigan, 28, has worked for nearly three years with the San Francisco-based airline that launched in August 2007. "My number one thing is to show people I am a single mother, I have a son and that everything is possible," she said.

"My job makes me be away from my son, days at a time. But if that's what you have to do to make ends meet. that's what you have to do. And at the end of the day, there is always a brighter side.

Dunnigan filmed one chilly day with cast members Louise Nguyen, 28, and Many Roberts, 26, at

The new reality show Fly Girls follows the lives of five Virgin America flight attendants.

the popular South Beach spot Nikki Beach, where they lounged on outdoor beds.

Virgin Atlantic President Richard Branson makes a cameo appearance on the

Capturing the work environment was a balancing act for the production crew, since they had to comply with federal rules

and regulations, and airline requirements.

Federal Aviation Administration officials met with Virgin America representa-tives in October 2009 to discuss the airline's involvement in the series. Virgin had to agree to include a management representative on board every flight when filming took place.

The airline also had to notify all passengers that filming would take place on their flight. The cast served as extra crew so that the primary flight attendants could focus on their jobs.

The film crew was barred from shooting cockpit footage when a plane was airborne.

THE ASSOCIATED PRESS

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You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular backs automatically billed by a merchant. Earn 19% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases.

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Pups worthy of the Osbourne name

Kelly Osbourne fractured her elbow trying to get her mother Sharon's dogs to stop fighting. The 25-year-old was at her parents' house at the weekend when she got involved in the pampered pooches' dispute and paid the price with a trip to the hospital. FEMALEFIRST.CO.UK



entertainment 21

Jackson's death doc set to shock

SCANDAL As Michael Jackson lay dying in his bedroom in a rented mansion, his doctor stopped trying to resuscitate him and delayed calling paramedics so he could collect drug vials at the scene, according to an employee of the pop star who called for an ambulance.

Alberto Alvarez, who worked as Jackson's logistics director, told investigators that after receiving a distress call from another worker June 25, he rushed up the stairs of Jackson's home and entered a bedroom to find the singer lying on a bed with his arms outstretched and his eyes and mouth open.

At his side, Jackson's personal physician, Dr. Conrad Murray, was administering CPR with one hand.

"Alberto, Alberto, come quickly," Murray said, according to a statement obtained by The Associated Press. "He had a reaction, he had a bad reaction."

Two of the star's children, Prince and Paris, came in the room and cried as they saw Murray trying to save their father. They were quickly ushered away.

The account and other statements obtained by the AP depict a grisly scene in Jackson's room in the final minutes before paramedics arrived.

Jackson's death at age 50 was ruled a homicide caused by an overdose of the powerful anesthetic propofol and other sedatives.

The possibility that Murray may have tried to hide evidence is likely to be a focus as prosecutors move ahead with their involuntary manslaughter case against him.



Deadliest Warrior gears up for bigger, bloodier second season

Inside the downtown warehouse where the second season of Deadliest Warrior is in production, an impaled ballistics gel dummy — complete with phoney blood-filled organs — slowly slides down a towering wooden stake.

The grisly snail-like movement, almost invisible to the human eye, is meticulously captured by a super-fast high-speed camera.

"This is the most

gruesome thing I've seen on the show," says Dr. Armand Dorian, an emergency room doctor who serves as the show's medical expert. "It's a nine-foot pole going through someone's rectum all the way out through their clavicle. That's pretty bad. Having said that, I have seen

Deadliest
Warrior's second
Season premieres
April 20.

similar impalements in real life. Nothing purposely done, of course."
It's just another gory day on the set

of Spike TV's popular hypothetical fighting show, which mixes science, history, fantasy and gore to hypothesize the results of make-believe matchups between real-life combatants. On one rainy winter day last month, gnarly Romanian warlord Vlad the Impaler and meticulous Chinese general Sun Tzu were on the fight roster.

While the show's science and technology may be complicated, the premise is absurdly simple: Who would reign in a fight between, for example, a pirate and a knight? The real winner seems to be Spike. The first season averaged an admirable 1.8 million viewers last year.

THE ASSOCIATED PRESS



Host Geoff Desmoulin holds a weapon during taping of an episode pitting Vlad The Impaler vs. Sun Tzu for Spike TV's Deadliest Warrior, in Los Angeles.

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critics'corner_

Just for Laughs

Diversity is the name of the game in this "Ethnic All-Stars" episode, which features a rainbow coalition of funny folk. Performers include half-Irish, half-Korean Steve Byrne; African-American actor and comedian Godfrey; take-no-prisoners Jewish comic Rachel Feinstein; and Italian-Canadian funnyman Frank Spadone. Shaun Majumder hosts. 8 PM on CBXT



Supernatural

Someone's been watching "Terminator." The angels send Anna (guest star Julie McNiven) back in time to kill Sam's (Jared Padalecki) parents before they can conceive him, so Lucifer can't use the never-born Sam as his vessel. With Castiel's (Misha Collins) help, Sam and Dean (Jensen Ackles) also travel to 1978 and have a reunion with their parents in "The Song Remains the Same." Matthew Cohen and Amy Gumenick guest star. 8 PM on SPACE



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WEEKENDS 11:00 AM



But then you'd have nothing to talk about - ever

Carmen Electra regrets having her breasts enlarged. The former Baywatch actress — who boosted her modest bust to a DD cup size — now thinks she should have left her boobs as they were, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz



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McGee 'obsessed' with James, says ex

THEY SOUND PERFECT FOR EACH OTHER Ronald Shane Modica is speaking out about his ex-wife Michelle "Bombshell" McGee and her alleged affair with Sandra Bullock's husband james, us-magazine.com reports. Modica

cessfully filed emergency court papers last Friday for full custody of Avery, his five-year-old son with McGee — says that his own marriage suffered as a result of his wife's preoccupation with the Monster Garage star.

"We had problems during our marriage because of her obsession with Jesse James," Modica tells The Insider. "I once walked into the salon that she owned and she had our wedding photo up there on her mirror and there was a cut out picture of Jesse James' face over my face." The ex-husband also ex-

plains that lames' affair with McGee began in May 2009 and that McGee made inflammatory accusations about James and Bullock's

Bullock and James have been getting in touch with lawyers just in case things get messy after news of James' alleged infidelity came to light, according to TMZ. Sources say Bullock's reps have been in touch with several top divorce attorneys.

METRO NEWS SERVICES

Murphy 'not on drugs,' ready to start family, says husband

THE MONJACK DOTH PROTEST TOO MUCH Brittany Murphy was making plans to have children the night before she died, femalefirst.co.uk reports.

The actress passed away at age 32 on Dec. 20 — had been discussing starting a family



chose names and spoke about moving to New York to raise their kids. Simon said: "She knew

her career wasn't in the best place. She was ready to kind of be a mother and that was what a lot of the talk was about.

The British screenwriter

has again blasted speculation the actress was on drugs, insisting he would have been "very worried" if she had consumed illegal substances because she had such a colourful personality.

NEWS SERVICES

PASSES TO THE ADVANCE SCREENING OF A SHINE OF RAINBOWS!



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To register and for full contest details visit clubmetro.com

Could Hilton's reality TV days be numbered?

PRAYING - WE CAN THIS Paris Hilton has reportedly been shopping around a new reality show that will track her upcoming engage

riage to Doug Reinhardt but no one's interested, according to Page Six. "She's been on TV constantly since 2003, when The Simple Life debuted, and the public may be saturated with Paris," a source says.

METRO WORLD NEWS

Supermodel's hubby fears for her safety

EL THERE, MATTY Claudia Schiffer's husband is terrified she will be murdered by a fan, just like John Lennon.

Vaughn confronted folk, East England, in 2004 — has serious

Hewitt gives herself a public pep talk

BECAUSE I'M GOOD ENOUGH, I'M SMART ENOUGH ... nifer Love Hewitt is taking her recent breakup with Jamie Kennedy in stride. "It's what life handed me, and I'm OK with it," she tells USA Today. "I know wholeheartedly that I'm a really good partner. I think I'm a really good girl-friend, and I think that I could be a really good wife." As for going back to work on The Ghost Whisperer, co-starring Kennedy, the actress says, "It's fine. Everyone's



Follow these celebrities on Twitter... Celeb**Tweets**

SAMANTHA RON-SON gives a lesson in the art of the diss, ASHTON KUTCHER is think ing about retirement, and JUSTIN BIEBER goes after an older woman.

please tell Kat Von D that if she's gonna make fun of someone for being dumb "it's not rocket surgery" is not the phrase.

@aplusk Health care has been reformed. I'm gonna

Gsamantharonson Someone

@justinbieber Barbara walters just came backstage earlier. I hit on her... Just joking around though. Think she liked it. Haha

METRO NEWS

quit my job.



Director Matthew who

concerns for the safety of his super-model spouse, fe-malefirst.co.uk reports.

METRO WORLD NEWS



IN A HIT SONG BOB SEGER LIKED THIS TYPE OF "ROCK AND ROLL"





Yesterday's answer: What is crime scene.

Today

Scattered Flurries -1 ° / -7 °

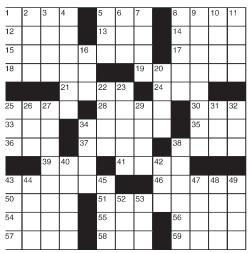


Thursday 6 c / -5





Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

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	7	8			6		9	

1 Satan's minions 5 Afternoon gettogether 8 Burn somewhat 12 Paint layer 13 Lummox 14 Sitarist's music style 15 And so forth 17 "— Named Sue" 18 "Superman" star 19 Wreak havoc

21 Big fair 24 D.C. title 25 Become a member 28 Reed instrument 30 Moray, for example 33 Samovar

34 La Scala show 35 Kanga's kid 36 Sleuth 37 Part of a threepiece suit 38 Slamming sound

39 Expert 41 Being, to Brutus

43 Mourn 46 Third rock from the sun 50 Sleeping 51 Skin cream ingredient 54 Antitoxins

55 Pod denizen 56 Tend texts 57 Celebrity 58 Knight's

59 Lasso

address

1 Bakery worker, at times 2 Speck 3 Walk the floor 4 Spielberg or Soderbergh 5 Pirouette pivot 6 Listener 7 Somewhere out

8 Want really bad 9 "Carmen" number 10 Enthusiastic.

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9 8 3

5 2 1

7 4 6

6 3 7

4 9 2

8 1 5

1 7 8

2 5 9

there

plus 11 Martha of comedy 16 Ritter of Westerns

20 On a cruise 22 Benedict XVI, 23 Unpleasingly

plump 25 Stick out 26 Raw rock

27 Secretly 29 Doggie bag fill

31 Quite some time

32 Journal 34 Microwave 38 Dam builder

40 Fragrant wood 42 Witness

43 Glaswegian gal

44 Help hoods 45 Reveille's opposite

47 Give a makeover to 48 Stumble

49 Loathe 52 Mainlander's memento

53 Rowing need

2 4 6 1 5 7

5 1 8 2 9 3

1 2 4 9 8 5

9 6 7 3 4 2

4 5 3 6 2 9

6 7 1 8 3 4

7 1 6

3 8 5

3 6 4 8 9 2 5 7 1

7 3 9 4 6

Metro Recipe of the Day

Quinoa With Balsamic Veaetable **Kebabs**

INGREDIENTS

2/3 cup quinoa, rinsed 1 2/3 cups hot vegetable stock, made with stock cube

2 x 250-g packages roasting vegetables 2 tbsp sunflower oil 2 sprigs of fresh thyme 200 g can corn, drained 1 tbsp butter 125g frozen peas 250 g marinated tofu, cut into bite-sized cubes

1 tsp mild chili powder 3 tbsp chopped fresh pars-

2 tbsp balsamic vinegar

METHOD:

1. Preheat oven to 400°F (200°C). Place quinoa and stock in large pot; add 1/2 tsp salt and ground black pepper. Boil, then cover and simmer gently 10 minutes.

2. Meanwhile, push roasting vegetables onto eight metal skewers, brush with oil and scatter with some leaves from thyme sprigs. Place in shallow roasting pan and season. Roast 10-12 minutes or until vegetables begin to soften. 3. Stir corn into pot of quinoa and add butter, peas and tofu. Add chili powder. Cover and cook gently 5 minutes. Remove from heat and leave to stand. Add parsley and fork through. 4. Drizzle balsamic vinegar over kebabs and return to oven to roast until just tender. Serve with

quinoa. **SERVES 4**

rd.ca

For nutritional infor mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients



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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20

You will be rather tense today but you will do okay if you keep in mind at all times that nothing can hurt you.

LIBRA SEPT 23-OCT 23

You may wish you had never started a particular project but you have no choice but to see it through to the end.

TAURUS

Don't try too hard to put your thoughts into words. This is one of those days when it is might be better to say nothing

SCORPIO OCT 24-NOV 22

If you think that something is going to go wrong today it most likely will - it is your own negative attitude that is attracting negative events.

GEMINI

MAY 22-JUNE 21 You may not be in the best of bargaining positions at the moment but that does not mean you are doomed to lose out or lose money.

On the web

I'M AFRAID THE DEMAND FOR GRASS-FED BEEF IS

MAKING ME GASSY

SAGITTARIUS NOV 23-DEC 21

It's one thing to say you should love your neighbor, but some people don't make it easy. If someone is particularly annoying, try to avoid them.

CANCER JUNE 22-JULY 22

For some reason you have got it into your head that you need to be better than everyone else. That's nonsense

CAPRICORN **DEC 22-JAN 20**

You may be feeling a bit inse cure at the moment but that is not an excuse to grab at the first decent offer that comes along.

LEO JULY 23-AUG 23

Your mind seems to be working overtime at the moment: ideas come to you so fast you hardly have time to write them all down

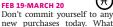
AQUARIUS JAN 21-FEB 18

Something is worrying you to such an extent that you can't get it out of your mind. By this time tomorrow, however, you will have forgotten why.

VIRGO AUG 24-SEPT 22

Virgo is a sympathetic sign and the best way to show that you care today is to give your time to some kind of charitable cause

PISCES



new purchases today. What seems like a bargain may cost you several times more in the long-term.

This day in history

1603: James VI of Scotland also becomes James I King of England. 1837: Canada gives African men the right to vote. 1882: Robert Koch announces the discovery of the bacterium responsible for tuberculosis (mycobacterium tuberculosis). 1944: World War II: In an event later dramatized in the movie The Great Escape, 76 prisoners begin breaking out of Stalag Luft III. 1965: NASA spacecraft Ranger 9, equipped to convert its signals into a form suitable for showing on domestic television, brings images of the Moon into ordinary homes before crash landing. 1972: The United Kingdom imposes "Direct Rule" over Northern METRO NEWS SERVICES



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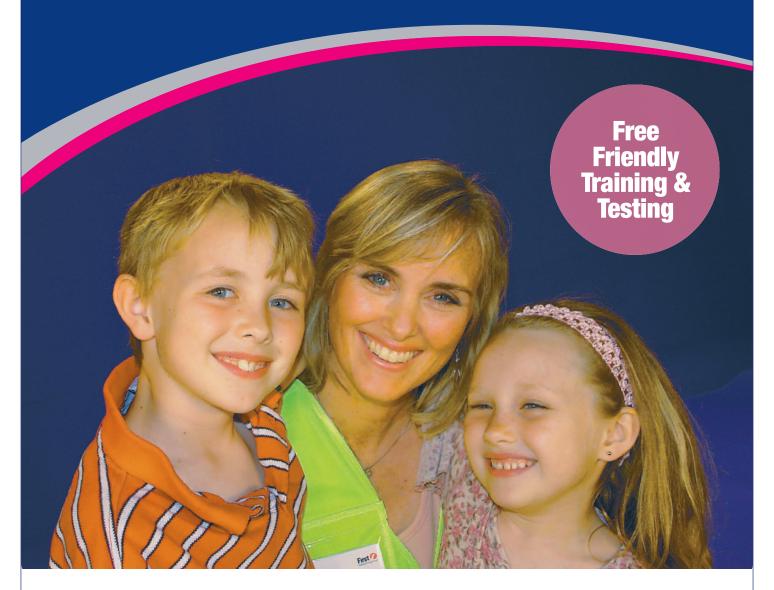
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